

Pressure Coping Plan

Use these questions to learn more about how your child experiences pressure.



Conversation Starters

Describe a situation where you felt under pressure.

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How does your body feel when you are under pressure?

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How does pressure impact your performance?

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What thoughts go through your head when you're under pressure?

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Do you ever notice negative thoughts? What are they?

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When you're under pressure, what makes it worse?

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When you're under pressure, what helps you feel better?

Practice creating helpful thoughts:

There are situations we experience in life that put us under pressure. Sometimes, while under pressure we think of the worst thing or focus on the most challenging parts.

Use this chart below to look at your thoughts and practice creating more balanced and helpful thoughts.

Situation	Negative Thought	Evidence. Is it true?	Helpful or Balanced Thought	How do you feel now?
Have to give a speech in front of the class	It is going to go horrible and my class will no longer like me	I don't know how the speech will go. I have lots of support from my class that's why they asked me to do it	I am going to do my best giving the speech today	More confident

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